



## Session Dates and Topics

**Orientation** - June 4

**Self-Esteem & Self Acceptance** - Experiencing the exquisite value and sacred purpose of motherhood. June 11

**Stress, Worries and Anxiety** - Opening overwhelming feelings to healing and gaining a renewed sense of balance. June 18

**Everyday Spirituality** – Developing an adult, close relationship with God and dependence upon His power to help in daily needs. June 25

**Feelings** – God provided us with emotions and wishes for us to experience balance. July 9

**Personal Growth** – Discovering the purpose-filled journey of motherhood. July 16

**Saturday Night Social**– Husbands and children invited to attend. Sat, July 21 5pm

**Expressing Values in Friendships** – Examining our friendships in the light of the values we profess as Christian women. July 23

**Celebration of New Beginnings** - An evening of celebration with past MOMS Ministry groups. July 30 6:30p

**Postscript: Continuing the Journey** –Continue the personal journey of recognizing the sacred in the ordinary. Aug 6

**On Our Own: Planning What's Next** - Aug 13

Weekly sessions 7pm - 9pm

Cost is \$50, which covers one copy of the book:  
*Grace Within: A Personal Journal*  
by Jean Glaraton, Mary Boespflug, & Lori Gross

Partial scholarships and payment plans are available.  
**Childcare available with reservation.**

“**MOMS** has been an extraordinary spiritual experience for me. I have not only met a wonderful group of mothers, but I have also been able to relate similar feelings, thoughts and concerns about motherhood with women who are also new Moms. I cannot express how thankful I am to be part of such a fantastic group.”



MOMS 33 Participants

Ministry of  
Mothers Sharing

M.O.M.S.

An 8-week book  
study designed to  
join Catholic women  
on the journey of  
motherhood.



MOMS 34  
St. Catherine of Siena  
Catholic Church

Begins June 4, 2018

[www.stcatherine-austin.org](http://www.stcatherine-austin.org)

### What is MOMS?

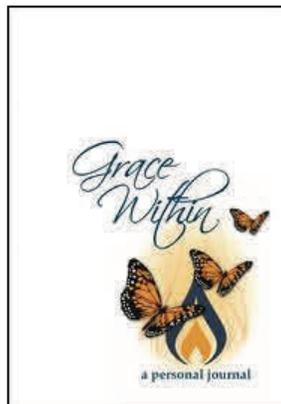
“The MOMS group (Ministry of Mother's Sharing) has touched me by strengthening not only my role as a mother, but also many other roles as well. Before joining MOMS, I felt alone in my parenting, even though I had many friends and family members close at hand. It was as if no one else could possibly be experiencing the same day-to-day drama and doldrums (yes, both extremes in the very same day). Also, having come from a professional world of reviews, praise, and raises, feeling confirmed in my new role was next to impossible. MOMS turned all that around and helped me to see the innate beauty in myself and other women, especially women who have been given the special charge of turning their little chapels of offspring into cathedrals of God. Other women would gain from participating in MOMS because it would help them to hold their heads high when explaining to others what a mysterious and grace-filled career path they lead. I feel so blessed to say I now know over twenty women whom I can call to talk about anything at all, no matter how deep or silly, and they will listen with open ears and hearts ~ I wish all mothers could know this blessing.”

- Past Participant

### MOMS at St. Catherine's

Many women long for motherhood and yet, when it arrives, find the task overwhelming and sometimes empty of value and worth. In *Grace Within: A Personal Journal*, the ancient Catholic spiritual practice of finding the sacred in the ordinary answers the longing mothers have to know that these daily tasks matter and that they matter in a divine way.

In the eight-week exploration of the topics in this book, many women have discovered that beneath the veils of the mundane lies a vast gold mine of purpose and value. The vocation of motherhood draws us closer to Christ's call to love and the culmination of our Baptismal calling.



*An opportunity for women to develop self-esteem, relationship skills, and a more defined sense of their own spirituality at a time when they are facing the difficult challenges of raising a family.*

**"How much it meant to share the faith, the fear, the anticipation with a trusted friend."**

To receive a registration form and more information:

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Names and ages of children: \_\_\_\_\_

Will you require childcare? \_\_\_\_\_

Mail to:

Family Ministries

St. Catherine of Siena Catholic Church

4800 Convict Hill Road

Austin, TX 78749

---

Or register online at:

[www.stcatherine-austin.org](http://www.stcatherine-austin.org)